

### THE BEDFORD BOARD OF HEALTH

wants you to  
GET YOUR FLU SHOT!

**Two** Flu Clinics are Scheduled:

1 for Bedford Youth (ages 8-18) and  
1 for all Bedford Residents (8+ years of age)

**YOUTH** Flu Clinic for Bedford children ages 8 to 18

Tuesday, October 18, 2011

3:00 PM to 6:00 PM

Town Center Building, 12 Mudge Way

Flint Room, Second Floor

Only for children Ages 8 through 18

Flu Clinic for **ALL** Bedford Residents (8+ years of age)

Saturday, November 5, 2011

9:00AM to 1:00PM

John Glenn Middle School Cafeteria

99 McMahon Road

Bedford Residents - 8 years of age and older

Both Clinics are **Free** of Charge to Bedford Residents. No appointment is necessary.

### IMPORTANT:

We do ask that you bring **Insurance Cards** as we may be able to be reimbursed for the cost and administration of the vaccine.

Children under the age of 18 **must** be accompanied by a parent or guardian.

Please wear clothing that allows for easy access to your arm for vaccine administration.

For further details please contact the Board of Health at 781-275-6507 or visit the Board of Health website at [www.bedfordma.gov/health](http://www.bedfordma.gov/health)